



4 - Essex barge



8 - Basketball

Task Force 76 Sailors enjoy National Kids Day

JOSN Adam R. Cole
Task Force 76 Public Affairs

Task Force 76 Sailors enjoyed a weekend at Hario Base Housing with their families Aug. 6 as Fleet Activities Sasebo



PN1 (SW/AW) Jose R. Deguzman Jr., of Amphibious Group One, gives away a prize at the "Feed the Cow" game stand as Fleet Activities Sasebo (CFAS) hosted National Kids Day Aug. 6. (U.S. Navy Photo by JOSN Adam R. Cole)

(CFAS) hosted National Kids Day at the Hario Ball Field, a special day dedicated to children and their families by the Boys and Girls Club of America and KidsPeace.

Games, crafts and a special fire department-sponsored obstacle course highlighted the activities.

"This is really fun for kids," said Lt. j. g. Dwayne Hilton, Assistant Combat System Officer, USS Essex. He brought his two children and wife. Ashley and Jennifer seemed to like the carnival games, which were in a special area called the "Haystack."

This year's events centered around an Old West theme, with a "General Store" for snacks, a Post Office where children could get a picture taken, and a Sheriff's Station, where kids received special identification cards.

HM2 Troy J. Brown, also from Essex, let his 2-year-old son run loose on the various

water sprays that were set up to keep the children both cool and entertained.

"This is definitely a good break from things," said Brown. "Sometimes we're not able to be here for this kind of stuff.

Brunei phase of CARAT begins



A pair of Royal Brunei Navy (RBN) divers are lowered from the rescue and salvage ship USS Safeguard (ARS 50) during familiarization dives conducted during the Brunei phase of CARAT. See full Story, Pg. 4 (U.S. Navy photo by JO2 (SW) Brian P. Biller)

So, I'm really trying to take advantage of being with my family."

Boys and Girls Clubs of America and KidsPeace launched National Kids Day (NKD) nationally in 2001 to foster stronger relationships between adults and children by educating them on the importance and value of spending quality family time together.

"This day is meant to recognize the kids," said Tina L. Sparks, Youth Activities Director of the Boys and Girls

Club of Sasebo. "I think within this forward deployed military environment, there is nothing better than taking time out to spend with your children."

Task Force 76 is the Navy's only forward deployed amphibious force and is headquartered at White Beach Naval Facility, Okinawa, with an operating detachment in Sasebo.

Brief Notes

Club Off Limits

Effective immediately, **Club Flava**, located at 4 - 3 Shimokyo-machi in Sasebo City, is off limits to **ALL** Status of Forces Agreement (SOFA) personnel. Any person visiting this establishment is in violation of this order and subject to disciplinary action.

Command Connection

Tuesdays at 5:30 p.m. on 1575 AM Thunder Radio. This is a live, phone - in show giving you the chance to direct your questions/concerns to CFAS leadership!

USO Notes

Fleet Landing office closed for renovation until Sept. 30. It has been relocated to Bldg. 301, next to the Barber Shop. For more information, call the Nimitz Park USO at 252-3960.

Tobacco Cessation

Every Tuesday in September from 2 - 3:30 p.m. at Public Works (Bldg. 200), Training Room B. FML contact Lt. Reese at 252-2551.

DUI Counter:
13 days as of Aug. 11

CPO selects continue to make transition

JOSN Jeff Johnstone
CFAS Public Affairs

Chief petty officer selectees forward deployed in Sasebo and attached to Fleet Activities Sasebo (CFAS) are undergoing training necessary to officially become chief petty officers. The selectees

undergo six weeks of preparation, including physical and mental training.

According to CFAS Command Master Chief (SS) William Lowmon, the training gives selectees the tools to be successful when they are officially frocked to chief.

"There's a week - long indoctrination period where we'll cover leadership, management, mentoring, Navy Heritage and communication," said Lowmon. "They'll take some leadership courses through Navy Knowledge Online (NKO), which are training objectives to be completed in addition to the indoc course, he added. "When they put on the uniform, they will have everything they need to be successful."

Training is conducted by the Chief Petty Officers

Association (CPOA). Lowmon oversees the training for the CFAS selectees, while the chiefs' mess onboard the ships forward deployed to Sasebo oversee their selectees' training.

In addition to their training, selectees learn to work as a team amongst themselves. A trip is planned to give them an opportunity to do just that.

"We're going to have a Mt. Fuji climb this month," said Lowmon. "That's going to promote teamwork."

The Sasebo area chiefs' messes will be joining the messes from Atsugi and Misawa for the Mt. Fuji climb.

As chiefs, physical fitness standards are as important now as they were before they were selectees.

"We have physical training three times a week in order to make sure everyone remains in standards," said Lowmon.

Selectees were all smiles Wednesday, Aug. 10, as they got fitted for new uniforms for their new roles in the Navy. The Uniform Shop remained open after hours just for them.

"As a chief, they'll be in a leadership role. They'll lead by example, be recognized as leaders, mentors and technical experts," said Lowmon.



FCC Claude Henderson (far right) and LNC Chris Brown (center) enjoy conversation as FCC (SEL) Jacques Westhoff shops for khakis during the CPO select night at the Navy Exchange (NEX) uniform shop Wednesday, Aug. 10. Current chief petty officers accompanied chief selects and assisted them in buying their new uniforms. (U.S. Navy Photo by JOSN Jeff Johnstone)

Learn about tomorrow from yesterday and today

FLTCM(SS/SW) Rick West
Pacific Fleet Master Chief

Shipmates, before I start this week's column, I just wanted to say thanks for the hard work that you're doing. I'm finishing up my latest trip through the Pacific AOR, and the quality of our Navy's Sailors and the work they do today is simply awe-inspiring.

After talking with many of our shipmates and watching what they do, I have no doubt that our Navy is in great hands for the future. I find myself humbled at the dedication, intelligence and skill levels of our deckplate Sailors. You are "making your mark" and keeping our great Navy at the forefront.

That brings me to what I wanted to talk about this week. The past and the future. Navy leadership has mentioned more than a few times that the best way to prepare for the future is to look to the past. And that's a smart philosophy we should embrace.

The coming month of September is a good

time to reflect on the practices and philosophies of our past Navy leaders.

Here at Pearl Harbor, the Pacific Fleet is preparing to honor the 60th anniversary of the end of World War II.

Some of our finest Navy leaders rose up from that terrible conflict and were instrumental in bringing it to an end. We should be looking at these past leaders – so we can learn from their successes and their mistakes.

One of the World War II Navy's most effective and brilliant leaders was Fleet Adm. Chester Nimitz. And it wasn't because he was dynamic, flamboyant or smarter than everyone else. He had simple approaches, simple ideas, and the ability to inspire those around him.

Naval historian Robert Love said the laid-back, soft-spoken Texan's greatest gift was his ability to bring together the best qualities in a team and then let it do the job.

According to Love, Nimitz possessed an inner balance and calm that those around him drew from. He also knew he was only as good as the Sailors he led. You can tell that from the photos we have at the COMPACFLT headquarters building of Nimitz playing friendly games of horseshoes with his Sailors.

But his most effective trait was the courage to let his subordinates do their jobs without interference. He understood the importance of team building as much as being a team player. Building an effective fighting team from some of the disparate personalities as the quiet, introspective Raymond A. Spruance and the ebullient, aggressive William F. "Bull"

Halsey, Jr. or the hard charging Eugene Fluckey was certainly no small feat and a great lesson we all can learn.

Another example is how Nimitz took a shattered Pacific Fleet after the Dec. 7 attack, and virtually overnight remade it into a fighting force that defeated the Japanese fleets at Coral Sea and Midway. The Battle of Midway was a huge gamble for Nimitz, but many historians consider that victory the ultimate turning point for the entire war.

But Nimitz, Halsey, Spruance, Fluckey and many of the other famous names we grew up with are easy to proclaim as great leaders. But there are others who were and are just as great.

Even as exceptional as Nimitz was, he'd be the first to say there are better leaders. And in a sense he's right.

He'd be talking about today's leaders. He'd be talking about the leading seaman in a division, or the LPO. He'd be talking about that chief who helps train his division officer about management skills

and giving the Sailors the tools to be successful.

Those who keep the Navy running day in and day out are the leaders Nimitz would look to and he'd know all he had to do was step aside and let the team go to work.

So ask yourself — are you the leader you want to be? What can you learn from the leaders of yesterday and today that will help you become greater than you are? OK, well here's a question and answer for you. Who (past or present) impressed you as a leader, and what made that person such a great leader? I'll bet money it was a mentor all those long years ago

who helped you get started in the Navy. It was someone who cared, who bothered, who thought more of mission and people more than of self. I still remember my first senior chief who showed me the way and taught me how to be a Sailor. But that's the way to get started though – asking and answering those kinds of questions.

What we learn from history is how to avoid past mistakes. It may be cliché, but it's true – those who fail to learn from history are doomed to repeat it. So learn. The CNO and MCPON reading lists aren't dull, dry books. They are a collection of leadership examples of what to do and what not to do. Knowing where the famous and the not-so-famous leaders went right will help us move in the right direction to make our Sailors and our Navy a better fighting force and a better organization.

The question now to ask is, do we learn from our past? Do we look not only to the distant past, to "the greats," but also to more recent history and learn from them?

As I travel around this great Navy of ours, I hope to see more of you out there on the deckplates. The greatest satisfaction I get from this job is the never-ending learning I get from meeting you.

In my job I get to see many leaders that are doing some great things.

In the near future, you will see a message from the Fleet Master Chiefs (Atlantic, Pacific and Europe) that will launch a website that will be used to share the Navy's best practices, highlight good ideas and provide information to share throughout the Navy.

And I'm pretty sure that Adm. Nimitz would agree with me – that's what truly counts as a leader. Learn from our mistakes and share our lessons. Stay safe, shipmates. HOO YAH!



FLTCM (SS/SW) R.D. West
Pacific Fleet Master Chief

Roadmap helps Sailors achieve education goals

Jon Gagne
Naval Education and Training Command

A new Education Degree Roadmap tool has been introduced on Navy Knowledge Online (NKO) to make it simpler for Sailors to manage their training and course-completion transcripts and plot their educational progress through their Electronic Training Jacket (ETJ) online.

The roadmap consists of point-and-click flow charts that explain, in simple detail, the steps involved and necessary points of contact for validating and updating ETJ information.

By using the Roadmap, Sailors learn how to gain maximum credit for their Navy training and experience and transfer college credits from other institutions and specialized schools. In many cases, after using the Roadmap, Sailors discover they are a lot closer to earning a college degree within their career field than they previously imagined. College credit for Navy training is applied to the Sailor and Marine American Council on Education

Registry Transcript (SMART), available through the NKO and Navy College Program (NCP) Web sites. The information is stored in a Sailor's ETJ on NKO. These Education Degree Roadmaps are designed to provide all Sailors with detailed, yet simple, procedures to follow as they pursue rating-relevant degree programs," said Cmdr. Craig Klein, Joint/Navy Professional Military Education program manager for the Naval Education and Training Command (NETC). "The roadmap begins by having Sailors validate and update their educational information in their ETJ. Sailors may then verify their SMART transcripts for accuracy, access individual academic counseling, select a rating-relevant degree plan, and take practice College Level Examination Program (CLEP) and Defense Activity for Non-Traditional Education Support (DANTES) tests." Sailors can access their Education Degree Roadmap via the NKO Web site under the 'Learning' menu. A similar Rating Roadmap has been

developed to help Sailors select their school of choice from the Navy's partnership program that best fits their needs for rating-relevant education. For every Navy rating, there are partnership schools that offer credit for Navy training and education applied to associate and bachelor degree programs. "Rating-relevant education is the wave of the future for Sailors," said NETC Force Master Chief (FORCM) Michael J. McCalip. "As the Navy places greater emphasis on Professional Military Education (PME), secondary education that is relevant to a Sailor's career path will be critical to a Sailor's professional development. This supports the Sea Warrior concept of Sea Power 21 that will allow the Navy to become a smarter workforce." For more information on the Education Degree Roadmaps, visit the Navy Knowledge Online Web site at www.nko.navy.mil. For more information on the Navy College Program, visit www.navycollege.navy.mil.

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TFU fleetwide survey available on BUPERS online

from Task Force Uniform Public Affairs

The Navy Task Force Uniform (TFU) Survey is now available on BUPERS Online (BOL), allowing Sailors fleetwide the opportunity to respond to uniform changes they set in motion with the first fleet survey in February, 2003.

By logging onto BUPERS Online and selecting Uniform Survey from the BOL Application Menu, the survey provides Sailors with the chance to give input regarding the directions of current test uniforms, as well as the future initiatives of TFU.

"Aside from asking what Sailors think about the current uniforms being tested, we also want fleet feedback on uniforms not previously addressed in our seabag," said Command Master Chief (SS) Robert Carroll, director of TFU. "We're asking questions about physical fitness gear, service and dinner dress uniforms, E-7 and above service uniforms, as well as a variety of uniform components."

After users log in, they are directed to the appropriate survey based on their

current pay grade. The two surveys, one for E-7 and above, the other for E-6 and below, center around TFU Phase II concepts in part one before the survey participant is directed to the second half of the survey, which is standardized for



Chief of Naval Operations-directed Command Master Chief (SS) Robert B. Carroll, (center), introduces the year - round concept service uniforms for Sailors E-6 and below. The wear test for service and working uniform concepts is scheduled for this winter. (U.S. Navy photo by JO2 Brandan W. Schulze)

fleetwide comments on the current wear test uniforms.

"The Phase II concepts center around recommendations made by fleet representatives at the TFU Phase II

Conference held in April," said Carroll.

According to Carroll, the survey takes about 30 minutes to complete, which allows Sailors to voice their opinions regarding the deletion or modification of selected uniforms. The survey also inquires about Sailors' knowledge about the TFU program, uniform regulations and policy.

"In addition to learning each Sailor's opinion, at the same time, we want to be able to quantify how well we have been able to get the message out to individual Sailors in regards to the goal of TFU," said Carroll.

Tasks included in the original TFU charter signed in February 2003 included reducing the number of uniform items and increasing interchangeability between those items, developing a working uniform for wear at sea or ashore across all communities E-1 through O-10, and developing a service uniform for E-1 through E-6 which can be worn year-round.

"If a Sailor is unsure about the answer to any of the questions, it's better to close out of the survey and do the necessary research before answering a particular question they are unsure of," he said.

Carroll said the survey is tentatively scheduled for completion by the end of August to coincide with the completion of the wear test. The results will be compiled and taken with the results from the wear-test participant survey to the Chief of Naval Operations (CNO) for final decisions on the future direction and determination of the program.

"By having results from both wear-test participants and observers, we can clearly reflect the opinions of both groups, and we want to be able to provide those opinions to the CNO," he said.

Before the completion of the wear test, Carroll said he plans on continuing to visit commands throughout the Navy and speaking to groups of Sailors about their perception of the program and providing more exposure regarding the wear-test uniforms to those areas which may not receive the same exposure as a fleet concentration area.

Frequently asked questions, interviews with Carroll, director of TFU, and past articles are available for review at <www.news.navy.mil/local/tfu/>.

The Navy TFU Survey is available at <www.bol.navy.mil/>.

Dental Technician, Hospital Corpsman job ratings unite

Christine A. Mahoney
Bureau of Medicine and Surgery Public Affairs

In order to provide Sailors and Marines with the finest in medical operational readiness, the Navy Bureau of Medicine and Surgery (BUMED) announced the merger of Dental Technician (DT) and Hospital Corpsman (HM) job ratings into the HM rating.

The approval was signed by Chief of Naval Operations Adm. Mike Mullen July 25.

"The DT/HM merger combines forces to better meet the demands and needs of our changing Navy. When the merger is completed, it will allow us to better support our operational forces by ensuring all enlisted medical personnel have the same baseline of training; by improving flexibility in the utilization of all enlisted manpower, and by improving career opportunities for all our Sailors," said Force Master Chief (FORCM) (SW/AW) Jacqueline DiRosa, director, Hospital Corps, BUMED. "Our most important consideration throughout this whole merger process is the professional development and career enhancement of each and every member of the Hospital Corps."

Nearly 3,000 DT and 24,000 HM active and reserve personnel will be affected by the ratings merger. BUMED has been proactive in preparing these two Navy Medicine communities.

"In September 2004, BUMED hosted a Hospital Corps Summit in conjunction with the Naval Medical Education and Training Command to review the current HM and DT 'A' school curriculums to plan for needed changes and develop an implementation strategy," said DiRosa. "I made certain I had a lot of our junior sailors and senior enlisted in both the DT and HM communities involved in working

groups. They, in turn, took the message out to the fleet, and that has proven to be very successful in helping communicate the 'whys' and 'hows' of the merger."

Training for Sailors newly recruited into the hospital corpsman field will combine both HM and DT job ratings skills.

"There will be changes starting with the HM and DT 'A' schools. The revised HM 'A' school training plan incorporates foundational dental knowledge, skills and abilities such as dental fundamentals, emergency care and treatment, instrumentation and other basic knowledge topics. These classes will be added while keeping the HM 'A' school length at 14 weeks," said DiRosa.

"Upon completion of HM 'A' school, designated personnel will attend a follow-on dental assistant school to train in specialized dental assisting skills. Upon graduation from this follow-on course, the member will earn an HM-8700 series NEC (Navy Enlisted Classification)," she added. "The course length is anticipated to be five to six weeks,

with a proposed two week clinical rotation. This change in basic training will greatly enhance the baseline knowledge of hospital corpsmen and ensure that BUMED meets the intent of the merger. Hospital corpsman training and education will continue at our Great Lakes, Ill., medical training facilities until otherwise decided."

Current DT and HM rated Sailors and their commands are responsible for conducting education and training on each

respective medical field to ensure they achieve operational readiness.

"As part of this merger process, there is going to be a requirement for difference, or bridge, training - bridging the gap between the two ratings.

Our dental techs already have access to online training by completing the HM 'A' School Web-based program available through Navy E-Learning and NKO (Navy Knowledge Online). Several of our medical reservists designed and implemented this course primarily for the NPS-HMs, but it has proven to be a great tool for our DTs in bridging the rating knowledge gap," DiRosa said.

"Current DT and HM Sailors need to review the DT and HM

rate training manuals and learn from them," she added. "Some DT and HM basic skills training can be conducted at the local command level. Commands should make certain these Sailors know what they need to know concerning DT and HM fundamentals and basic skills."

Current DT personnel will not be required to attend HM 'A' school as part of the difference training.

The DT/HM ratings merger is expected to take place over the next two years. Once complete, the Hospital Corps will be once again unified but better equipped, with greater flexibility to meet the Navy's mission.

A NAVADMIN message will be forthcoming, officially announcing the actual effective date of the ratings merger and the specifics regarding combined advancement exams, selection boards and rating badge change requirements.

For additional information on the ratings merger, please visit the HM/DT community web page at the Center for Force Health Protection via NKO at <<https://www.nko.navy.mil/>>.



Brunei phase of CARAT exercise series begins

JOC Melinda Larson

Commander, Destroyer Squadron 1 Public Affairs

The Brunei phase of the exercise Cooperation Afloat Readiness and Training (CARAT) series began Aug. 5 with an opening ceremony aboard USS Harpers Ferry (LSD 49). Guests included U.S. Ambassador to Brunei Darussalam Gene Christy, Col. Joharie bin Hj Metussin, commander of the Royal Brunei navy (RBN), and commanding officers of the combined task force ships.

CARAT is an annual bilateral series of military training exercises with several Southeast Asian nations intended to bolster interoperability of the participating forces in a variety of mission areas. Brunei is the fifth phase of the 2005 series, following Singapore, Thailand, Malaysia and Indonesia.

Commander of Destroyer Squadron 1, Capt. Buzz Little, who leads the task group from aboard Harpers Ferry, opened the ceremony with a pictorial look back at CARAT Brunei 2004 events followed by a glimpse of the week ahead.

"Having a common set of procedures and good communications is key to combined operations," Little said. "Together we can enhance our maritime interdiction capabilities by mutually fine tuning aspects of CARAT to changing world events."

After the CARAT 2004 review and the 2005 preview, Rear Adm. Kevin M. Quinn, commander of Logistics Group Western Pacific, who is responsible for overall CARAT coordination for U.S. participants in his executive agent role as commander, Task Force 712, said staging the opening ceremony aboard Harpers Ferry was fitting.

"It's most appropriate that we're conducting a shipboard opening ceremony," said Quinn. "Kicking it off here onboard Harpers Ferry sets the right tone for the important week ahead."

A diverse range of both pierside and at-sea events are planned during the weeklong exercise to further develop skills of mutual benefit such as maritime interdiction. In order to protect freedom of the seas, it's critical for nations to combine their efforts to combat seaborne terrorism threats and transnational crimes at

sea, Quinn said.

"We are aware of the many maritime threats that exist in this region and around the world," said Quinn. "This year's edition of CARAT gives our two navies an opportunity to practice some critical skills that can be applied to tackling those threats."

Those skills will be practiced in the form of visit, board,

the two navies.

The two navies will also share diving and salvage techniques through a series of dives from aboard the rescue and salvage ship USS Salvor (ARS 50).

During the at-sea phase, a Royal Brunei navy (RBN) drone detachment will launch its unmanned flying Banshee from Harpers Ferry. The firing will test the aerial anti-air warfare gunnery proficiency and warship interoperability of both navies.

For the first time during CARAT Brunei, there will be a bilateral intelligence officer exchange. Operational planning, command and control, tactics, and logistics support are other training pieces of the exercise.

"There is always something new to learn and gain from each other," noted bin Hj Matussin. "Brunei has a small defense force, and the nature of our defense are also reliant on the security and political cooperation regionally and also globally."

A community service project and a combined sports day will allow the officers and Sailors of both navies to interact on a personal level.

"CARAT allows us to develop professional relationships and personal friendships along the way," said Quinn. "The scheduled community service project is just one way our Sailors can develop some new and meaningful friendships, and is a means for saying 'thank you' to the people of Brunei for their hospitality."

In addition to Harpers Ferry, the U.S. CARAT task group is made up of the guided-missile destroyer USS Paul Hamilton (DDG 60), the frigate USS Rodney M. Davis (FFG 60), and the rescue and salvage ship USS Safeguard (ARS 50). Other elements include P-3C Orion and SH-60 Seahawk aircraft. A U.S. Coast Guard maritime law enforcement training team will also take part in CARAT.

The RBN task group is comprised of the Waspada-class fast attack craft KDB Pejuang (PCFG 03) and KDB Seteria (PCFG 04), and the Perwira-class coastal patrol craft KDB Perwira (PC 14) and KDB Penyerang (PC 16).

Little's staff is based in San Diego. Paul Hamilton is home ported in Pearl Harbor and Rodney M. Davis in Everett, Wash. Harpers Ferry and Safeguard are forward-deployed to Sasebo.



The rescue and salvage ship USS Safeguard (ARS 50) moves into position to come along side the guided missile frigate USS Rodney M. Davis (FFG 60) and the guided missile destroyer USS Paul Hamilton (DDG 60) as the commercial port of Maura, Brunei Darussalam. The three ships, along with USS Harpers Ferry (LSD 49), arrived in Brunei Aug. 4 and comprise the exercise Cooperation Afloat Readiness and Training (CARAT) 2005 task group. (U.S. Navy photo by JOC Melinda Larson)

search and seizure (VBSS) events. Combined teams will board CARAT task group ships both pierside and at sea to go through the paces of boarding and searching rogue ships. The combined team concept helps the VBSS teams learn about experiences, tactics and techniques.

"That interaction is one of the most important aspects of CARAT," Quinn said. "The only way two navies can operate together efficiently at sea is through a common set of procedures and through good communications."

Good communications will be practiced via the Combined Enterprise Regional Information Exchange System (CENTRIXS), which allows for combined situational awareness and information sharing between

USS Essex crew moves to unique berthing barge for SRA

USS Essex (LHD 2) Public Affairs

USS Essex (LHD 2), the Navy's only forward deployed amphibious assault ship, began their repair period, or Ship's Restricted Availability (SRA) on July 22. Because of the intensive work required during the SRA, the ship will not be inhabitable for the majority of the crew.

A berthing barge was contracted for single Sailors and duty personnel needing an air-conditioned place to sleep and eat.

Essex Commanding Officer, Capt. Martin J. Keaney, said that even though the berthing barge is old, it has been completely redone to the specifications needed by the Essex crew.

"I've personally inspected the barge and I want to say that COMPACFLT (Commander, US Pacific Fleet) has done an outstanding job putting it together for our SRA," said Keaney. "We're looking forward to getting the work done on Essex during SRA. The newly refurbished barge will provide 'Iron Gators' with a comfortable place to stay," Keaney said.

According to Essex Combat Cargo

Assistant, Marine Gunnery Sgt. Randall Nace, the barge was commissioned United States Navy ship USS Mercer (APL 39) on Aug. 7, 1944.

Mercer's rich history includes service during World War II to the Vietnam War by supporting the Mobile Riverine Force or the "Riverines," to present day as a berthing barge for forward deployed Naval Forces in Sasebo.

One of the modifications done to the barge for the Essex' SRA period was the addition of female berthing spaces to accommodate the women who serve aboard Essex.

"They removed the Flight Deck and craned on an entire section of berthing spaces," said Nace. "There are eight berthing pods that come complete with showers, sinks and heads, and twenty-one, three-tiered racks per pod," stated Nace. "It's really impressive what the '40s era ship has been through to get to where it is today."

Please see **Essex**, Pg. 6



The berthing barge, APL 39, is serving as home to many single Essex Sailors who do not live out in town. Essex is currently going through a repair period called Ship's Restricted Availability, and Sailors who normally lived on the ship moved over to the berthing barge. The 40s era barracks ship has gone through numerous overhauls. Most recently, the barge was retrofitted with a third deck capable of accommodating 168 female Sailors. (U.S. Navy Photo by JO1(SW) James Evans Coyle (USS Essex (LHD 2) Public Affairs)



3-6-9 Bowling Tournament With Strikes For Cash

The next 3-6-9 Bowling Tournament is scheduled for Saturday, Aug. 13 at the Spare Time Recreation Center. The cost is \$15 per bowler. You must be 18 years or older to participate. The 3-game tournament will get underway at 6:30 p.m. Every 3rd, 6th and 9th frame will be automatically scored as a strike. The highest total pin fall determines the winner. After the 1st and 2nd game, one name will be drawn. If this person can roll three consecutive strikes starting from lane number one and moving to lanes two and three, they will win \$25. At the end of the 3rd game, three names may be drawn to win up to \$150. The first person drawn has a chance to win the entire \$150 by rolling four consecutive strikes. If this person does not win, then a second name will be drawn for a chance to win \$100 by rolling three strikes. If this person does not win, then a third and final name will be drawn for a chance to win \$50 by rolling three strikes. For more information, call 252-3634.

Chris Gray at Harbor View Club

The Armed Forces Entertainment Program and your Sasebo MWR Department presents musical entertainer Chris Gray at the Harbor View Club on Saturday, Aug. 13. The free show is scheduled to begin at 7 p.m. Gray performs everything from George Strait to Wilson Pickett, Alan Jackson, Maroon 5 and everything in between. For more information, call 252-3965.

Powerboat Safety Classes

Have you ever wanted to check out one of the sleek powerboats at OREC and head out for a spin on the water? You can do it, but first you'll need to complete the Powerboat Safety Class offered at OREC several times each month. The next classes are scheduled for Monday, Aug. 15, 22 and 29. For more information, call 252-3500.

Jeff Justice and Rich Brown Perform at HVC

On Tuesday, Aug. 16, comedians Jeff Justice and Rich Brown will perform at the Harbor View Club. Admission is free. Justice is a Certified Speaking Professional (CSP) as recognized by the National Speaker's Association. Less than 400 speakers in the world have achieved this earned recognition. His innovative programs on appropriate humor in the workplace have

been featured on CNN and CNBC. From employee meetings to annual conventions, companies and associations turn to Jeff to engage their participants and energize their organizations. Today, Fortune 500 companies across the country call on Jeff's caring brand of "applied humor" to maximize their human resource: engaging their employees, improving performance, and developing leaders. Justice has spent the last decade applying his unique brand of work-appropriate humor as a professional speaker, humor-skills teacher and humor coach to positively impact human interaction in the workplace. For more information, call 252-3965.

Sailing For Beginners Class

If you ever wanted to sail away into the sunset but lacked the skill and confidence to haul anchor and hoist the sails, now is your chance to learn. The Sailing & Outdoor Adventure Center is offering one more basic sailing classes in August so you can enjoy this great outdoor sport. The 6-hour class is scheduled for Friday Aug. 19 from 10 a.m. until 4 p.m. The cost is \$35 per person. For more information, call 252-3500.

Waterskiing With Sailing & Outdoor Adventure Center

This is a great way to enjoy fun in the sun for \$15 per person. The next waterskiing trip is scheduled for Saturday, Aug. 20 from 10 a.m. until 2 p.m. If you can't make that one, there is one more this month, Sunday, Aug. 21 from Noon until 4 p.m. Let the staff at the Sailing & Outdoor Adventure Center (located directly across the street from the Community & Education Center) take you and your friends out for a fun-filled four-hour session on the water. Beat the heat. Call 252-3500 for more information.

Last Chance to Climb Mt. Fuji

The Sailing & Outdoor Adventure Center has one more Mt. Fuji trip planned for this year. This is a once in a lifetime opportunity to conquer the highest mountain in Japan. The last weekend trip for 2005 will depart OREC on Friday, Aug. 26 at 3 p.m. and return on Sunday, Aug. 28 at 2 p.m. Sign up early to guarantee a seat on the bus. For more information call 252-3500.

Dive, Dive, Dive

The Sailing & Outdoor Adventure Center has arranged a two-tank boat dive trip on Saturday, Aug. 27. The cost is only \$40 per person. If you don't have all the necessary SCUBA gear, you can rent dive gear from the Sailing and Outdoor Adventure Center at extremely reasonable rates. For more information, call 252-3500.

Living in Japan: A response to a rebuttal

Okay! A reader has shared her disagreement with one of my articles printed a few weeks ago speaking of Japanese bureaucratic behavior, and my belief in the inscrutable nature of Japanese public servants. She has recently experienced a distasteful encounter with a couple of Japanese police officers while in route to a leisurely day of recreation on Hirado Island. Traveling in convoy with a friend, the friend's vehicle was pulled over for speeding, so she too sat by the side of the road waiting for the traffic stop to be done so they could proceed on their way.

As it turned out, they never made it to Hirado that day. She states that the ordeal with the policemen dragged on for four and a half hours in the hot sun. It seems that the officers tried to pressure the driver of the lead car into admitting that he had exceeded the speed limit. Without radar they had no proof of the offense, but apparently made a judgment call that his vehicle was exceeding the posted speed. As he continued to profess his belief that he was not exceeding the speed limit, he sensed that the officers became progressively more aggressive in their interrogation, going so far as offering to refrain from giving him a ticket if he would say that the van behind him had been speeding – a deal he adamantly refused to accept. Finally, after gaining no admission of guilt from the driver, the frustrated officers gave him a ticket anyway, and all Americans involved returned to the base disgusted and disillusioned by the day's events.

I'll start out once again by qualifying that anything I write in these articles is my own personal observation and/or opinion, based on my too-many years of living in Japan. My view on something may not jibe with your view, but I do enjoy hearing from those of you who are willing to call me on perceived errors in my logic or perceptions. Actually, this incident is very much in line with what I hold to be true about Japan. Japanese policemen are authority figures. They expect their edicts to be followed without question, and they are not accustomed to having their judgment impugned. Whereas, we Americans are quick to deny fault for anything, partly out of our ingrained fear of litigious retribution, and most especially in instances when the accuser cannot produce some form of irrefutable proof of our guilt.

I definitely don't respect or admire the methods she alleges (and I can fully believe) that these police officers used, and it would have ruined my day as well, if it had happened to me. However, it was yet another example of cultures clashing and, in this case, the deck was stacked, so "we" had no chance of winning.



Jerry Havens
FFSC Supervisory
Programs Manager

Schedule for August 12 - 21

SHOWBOAT Telephone: 252-3822
FRIDAY, AUGUST 12
6:30 p.m. (PG-13) • * <i>Stealth</i> 9:30 p.m. (PG-13) • <i>The Longest Yard</i> Midnight (PG-13) • <i>Mr. & Mrs. Smith</i>
SATURDAY, AUGUST 13
6:30 p.m. (PG) • <i>Madagascar</i> 9:30 p.m. (PG-13) • <i>Stealth</i> Midnight (PG-13) • <i>Lords of Dogtown</i>
SUNDAY, AUGUST 14
6:30 p.m. (PG-13) • <i>Stealth</i> 9:30 p.m. (PG-13) • <i>Lords of Dogtown</i>
MONDAY, AUGUST 15
6:30 p.m. (PG-13) • <i>Fantastic Four</i>
TUESDAY, AUGUST 16
6:30 p.m. (PG) • * <i>The Perfect Man</i> *Premiere
WEDNESDAY, AUGUST 17
6:30 p.m. (PG) • <i>The Adventures of Sharkboy and Lavagirl</i>
THURSDAY, AUGUST 18
6:30 p.m. (PG) • * <i>Howl's Moving Castle</i> *Premiere
FRIDAY, AUGUST 19
6:30 p.m. (PG-13) • * <i>Bewitched</i> 9:30 p.m. (PG-13) • * <i>The Dukes of Hazzard</i> Midnight (PG-13) • <i>Cinderella Man</i>
SATURDAY, AUGUST 20
6:30 p.m. (G) • * <i>Herbie: Fully Loaded</i> 9:30 p.m. (R) • * <i>George A. Romero's Land of the Dead</i> Midnight (PG-13) • <i>Batman Begins</i>
SUNDAY, AUGUST 21
6:30 p.m. (G) • <i>Herbie: Fully Loaded</i> 9:30 p.m. (PG-13) • <i>The Dukes of Hazzard</i>



STEALTH (PG-13)
Starring: Josh Lucas, Jessica Biel, Jamie Foxx, Joe Morton and Richard Rodriguez
Deeply ensconced in a top-secret military program, three pilots struggle to bring an artificial intelligence program under control ... before it initiates the next world war.

HOWL'S MOVING CASTLE (PG)
Starring: Emily Mortimer, Christian Bale, Jean Simmons, Lauren Bacall and Billy Crystal
Sophie, an average teenage girl working in a hat shop, finds her life thrown into turmoil when she is literally swept off her feet by a handsome-but-mysterious wizard named Howl. The vain and conniving Wicked Witch of the Waste subsequently turns her into a 90-year old woman. Embarking on an incredible odyssey to lift the curse, she finds refuge in Howl's magical moving castle where she becomes acquainted with Mark, Howl's apprentice, and a hot-headed fire demon named Calcifer. Sophie's love and support comes to have a major impact on Howl, who flies in the face of orders from the palace to become a pawn of war and instead risks his life to help bring peace to the kingdom.

BEWITCHED (PG-13)
Starring: Nicole Richie, Will Ferrell, Shirley MacLaine, Michael Caine and Steve Carell
Hot-shot actor Jack Wyatt, set to star as Darrin in a film version of the '60s TV series "Bewitched," finds his ideal Samantha, an unknown actress Isabel, just happens to be a witch in real life.

MR. & MRS. SMITH (PG-13)
Starring: Angelina Jolie, Brad Pitt, Adam Brody, Vince Vaughn and Angela Bassett
A married couple is getting bored with their quiet domestic life. What they don't know, however, is that they're both assassins, secretly hopping the world and killing for hire. But their separate lives are about to collide when each finds out that their next target is their own spouse.

FEATURED PREMIERE
The Perfect Man (PG)

Teenager Holly Hamilton is tired of moving every time her single mom Jean has another personal meltdown involving yet another second-rate guy. To distract her mother from her latest bad choice, Holly conceives the perfect plan for the perfect man – an imaginary secret admirer who will romance Jean and boost her shaky self-esteem. When the virtual relationship takes off, Holly finds herself having to produce the suitor, borrowing her friends' chattering and handsome Uncle Ben as the Sasebo behind the e-mails, notes and gifts. Holly must resort to increasingly desperate measures to keep the ruse alive and protect her mom's newfound happiness, almost missing the real perfect man when he does come along.

HARIO VILLAGE Telephone: 252-8753
FRIDAY, AUGUST 12
2 p.m. (PG) • <i>The Adventures of Sharkboy and Lavagirl</i> 6:30 p.m. (PG-13) • <i>The Honeymooners</i> 9:30 p.m. (PG-13) • <i>Mr. & Mrs. Smith</i>
SATURDAY, AUGUST 13
2 p.m. (PG-13) • <i>Fantastic Four</i> 6:30 p.m. (PG) • <i>The Adventures of Sharkboy and Lavagirl</i> 9 p.m. (PG-13) • <i>The Honeymooners</i>
SUNDAY, AUGUST 14
2 p.m. (PG) • <i>The Adventures of Sharkboy and Lavagirl</i> 6:30 p.m. (PG-13) • <i>Cinderella Man</i>
THURSDAY, AUGUST 18
6:30 p.m. (PG) • <i>The Adventures of Sharkboy and Lavagirl</i>
FRIDAY, AUGUST 19
2 p.m. (PG-13) • <i>Stealth</i> 6:30 p.m. (PG) • <i>The Perfect Man</i> 9:30 p.m. (PG-13) • <i>Mr. & Mrs. Smith</i>
SATURDAY, AUGUST 20
2 p.m. (PG) • <i>Howl's Moving Castle</i> 6:30 p.m. (PG-13) • <i>Stealth</i> 9 p.m. (PG-13) • <i>Lords of Dogtown</i>
SUNDAY, AUGUST 21
2 p.m. (PG-13) • <i>Stealth</i> 6:30 p.m. (PG-13) • <i>Lords of Dogtown</i>



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5. Admission is based on movie seating capacity.
6. Any card that has been manipulated, defaced or is deemed illegible will not be accepted.
7. No cashes, no expiration date, no transfer or no status are allowed in the theater.
8. No outside food or beverages allowed.
9. CINE-PASS is for use in the Showboat & Hario Theater.

Safety Corner: Protect your back

Charles Carr
CFAS Safety Department

Your back is a more complicated part of your body than you might think. It is made up of individual bones, called vertebrae, which must be properly aligned in order for you to move freely and without pain.

In between the vertebrae are discs that cushion and protect your back from shocks and bumps and prevent the vertebrae from touching each other.

It takes the muscles of your back, stomach and legs working together to maintain good spinal alignment.

Your vertebrae, discs and muscles must all be working properly in order for you to work effectively and pain-free.

Posture

The way you stand, sit and even sleep can have a big effect on your back. Wear supportive shoes when standing for extended periods and if possible, stand on an anti-fatigue mat.

Propping one foot up on a bar or footrest reduces the total strain that standing puts on your back.

If you sleep in a curled posture you may be placing strain on your neck or back muscles.

If your back or neck feels sore in the morning, try using extra pillows to support your head and waist.

Your mattress may also be a culprit. If it is too soft it won't provide sufficient support under the natural curve of your spine, also leading to back strain and pain. When you sit down, remember that staying in one position for too long can lead to back strain.

Standing and moving around will help loosen up cold muscles.

When seated, sit with your feet planted firmly on the floor. This helps to keep your back in an upright position. If your feet do not easily reach the floor, use a footrest.

Movement

Lifting, turning, pushing and pulling can have devastating effects on back health

if not done properly. One incorrect lift can do an immense amount of damage.

Some workers may feel that after years of lifting without injury they don't need to change their habits or learn new "rules." Unfortunately, one bad lift can change their mind, but by then it will be too late. Use the letters B. A. C. K. to remember general, common sense rules for lifting. **B.** Bow your back in. This requires support from your abdominal muscles.

A. Align vertebrae. Find your back's "neutral" position and then use your muscles to hold it.

C. Chin up. Keeping your chin up helps you hold your good back alignment.

K. Keep feet flat.

Following these simple rules will help you avoid back injuries. Most importantly, follow the tried and true adage: lift with the legs and not with the back. The muscles in your legs are bigger, stronger and much better prepared to take a load than those in your back. Leg strains also heal more quickly and easily than back injuries.

When turning with a load, always turn with your feet. Taking a step may seem like adding wasted movement to your task, but it will remove a great deal of strain from your back. Twisting the back is especially dangerous when holding a heavy load. The movement can easily lead to pulled back muscles and vertebrae pulled out of alignment.

Exercise

Exercise is important for your general health, but crucial for a healthy back. Before any activity that requires back muscles, warm those muscles up and always warm up slowly.

Stretch the muscles that are going to be worked.

Exercises that strengthen the back, leg and stomach muscles increase your ability to protect your back during lifting. Follow every workout with a cool-down.

Keeping the flags flying



Firefighters from Commander, Naval Forces Japan (CNFJ) fire department untangle the United Nations flag outside the Fleet Activities Sasebo (CFAS) headquarters building Monday, Aug. 8. (U.S. Navy Photo by JOSN Jeff Johnstone)

Essex, from Pg. 4

Airman Victoria Werts said she was apprehensive about having to move off the Essex, but she's pleasantly surprised with her new accommodations on the barge.

"I was highly annoyed about having to move," said Werts. "I have a lot of stuff and really didn't want to move it from one ship to another. After seeing our living area on the barge, I really like

it," Werts added.

Werts also stated that with time her feelings about the barge could possibly change, and she'll be ready to head back to her old home aboard Essex.

"I guess eventually I'll get tired of the barge and want to get back," laughed Werts. "It will be interesting to see Essex after all the work gets done. It will be like being aboard a brand new ship."

CFAS awards YOM for July



Fleet Activities Sasebo (CFAS) Command Master Chief (SS) William F. Lowmon awards the Yard of the Month (YOM) for July to Lt. Cmdr. Mark Meskimen's family. (U.S. Navy Photo by CMDCM (SS) William F. Lowmon)

Commissary Store Hours of Operation

Hario (43 hrs/wk)		Sasebo (52 hrs/wk)
1000 - 1800	Sunday	1000 - 1800
Closed	Monday	1000 - 1900
Closed	Tuesday	1000 - 1900
1000 - 1900	Wednesday	Closed
1000 - 1900	Thursday	1000 - 1900
1000 - 1900	Friday	1000 - 1900
1000 - 1800	Saturday	1000 - 1800

- 7 -

Sasebo Soundings

CLASSIFIEDS

VEHICLES

(Exp. Aug. 27) **1993 Toyota Starlet**. JCI '07. 4 door hatchback, new brake and belts. Great A/C, good tires and runs great. \$1,500 (OBO). Call 252-7409 after 5 p.m. or 090-8390-0483.

(Exp. Aug. 27) **2003 Suzuki Lets II Moped**. Only has gone 290 kilometers. \$750 (OBO). Call Chris or Mary at 0956-34-4124.

(Exp. Aug. 27) **1996 Nihon Ford**. JCI- July '07. All power, loaded, great A/C, great family car. Outstanding condition, always maintained. \$2,500 (OBO). Call Mike at 252-3701 (day) or 252-8128 (night).

(Exp. Aug. 20) **1995 Nissan Prairie Joy**. JCI- Sep. 2006. CD player, snow chain included, great family car. \$2,500 (OBO). Work phone is 252-3700 or call Danny and Eriko at 252-8177.

(Exp. Aug. 20) **1997 Nissan Wingroad Station Wagon**. JCI - Aug. '06. Automatic, A/C, power everything, AM/FM/CD/ Cassette stereo plus 12 - CD disc changer. Runs great. \$3,000. Call 090-4342-6978.

(Exp. Aug. 6) **1993 Honda Prelude**. JCI - Jan. '06. 2-Door, auto, A/C, AM-FM, cd player, all power. \$1500 (OBO). FMI, call 252-8583 or 09062925309 or 09019248525.

(Exp. Aug. 6) **1995 Toyota Lucida Van**. JCI - April - '06. Automatic, a/c, AM-FM, cd player, all power. \$3000 (OBO). FMI, call 252-8583 or 09062925309 or 0901924 8525.

(Exp. Aug. 6) **1991 Nissan Gloria GT Turbo**. JCI - May '07. Very clean, power everything, car computer w/ GPS and T.V., climate control a/c. \$3500 (OBO). Call Dave at 252-2193 or 08050688824

MISCELLANEOUS

(Exp. Aug. 27) Skyperfect, \$60. Call 252-3588.

(Exp. Aug. 27) Sony 50 plus one CD, two cassettes, AM/ FM, Dolby NR, remote control, two speakers mini-hi-fi for sale. \$150 (OBO). Call Gwyneth Martin at 48-4838 or e-mail at gwynmartin@gmail.com for picture.

(Exp. Aug. 20) Kenwood 5 disc CD player DPF-R6010 with remote. Can be used without a reciever. \$75 (OBO). Eddie Bauer Port-a-crib with bassinet and changing ares included. Great condition. \$35 (OBO). Portable TV table-style desk with matching chair. Bought at Home Wide. \$15 (OBO). Girls Clothing sizes 0-24mo. All seasons...Must Go! Call for great quality, cheap clothing. Come see and make me an offer. Call at 252-8640.

(Exp. Aug. 20) Phone rights for sale, \$275. Call 090-4342-6978.

(Exp. Aug. 13) Cannon 35mm AE-1 Programmer camera, two 50 mm lens, one auto/manual flash, filters, hath travel case and soft camera case and strap. Asking \$50. Call David at 252-3152 or 080-5281-0944.

(Exp. Aug. 6) One year old white microwave oven for sale \$40 and white microwave cart with butcher block top \$15. Both are in great condition. If interested, call 252-8336

(Exp. Aug. 6) 2 Winged back chairs and matching couch, off white & light green with dark wood legs for \$250 OBO. Also Dinning Room table and matching hutch, dark green/ dark brown for \$150 OBO. Please call 252-8663 if interested.

HOME BUSINESS

IMPORTANT INFORMATION

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 for more information.

Tobacco Cessation. Kick the habit. Begin your independence from tobacco (cigarettes, dip, snuff) and enjoy better health and more money in your pocket. Where: Training Room B, second floor, Public Works, (Bldg. 200). When: 1400-1530 Tuesdays in September 6th, 13th, 20th, 27th (Must attend all four). How: call the appointment like at 252-2550 to sign up. Poc: LT Reese, Naval Branch Health Clinic 252-2551.

Parlez-vous Francais? Well I do! If you want to practice your French or learn French, private or group lessons ok. Call 252-8623, or 090-1763-2523.

Experienced in teaching English to children and adults. Private and group lessons available. Call 252-8623.

Part-time daycare services needed for active duty single parent of 6 yr. old boy. Reliable person needed for 24 hour duties and ocssinal TAD's. Will discuss payment. Please contact Brenda Gonzales at 09017670359 or 252-2587

English teacher for all ages. Holds a Bachelor's degree, trained in tutoring English. Flexible hours. Please call Rebecca at 090 3736 5393.

English lessons offered. Can give in my home or yours. Very flexible. Call 080 3432 6967.

New English instructor in Sasebo. Holds Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now! 080 3223 9162 or 252-8555.

Pampered Chef Consultant. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime at 080 5201 7164 or ext.7302.

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese. No monies exchanged. <maori@post.cc.sasebo.ac.jp> or 31-2863.

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English teacher, holding Bachelor's degree in Communications is offering classes now. Experienced in preparing college students for TOEIC examinations. Also inviting Japanese toddlers to join playgroups on Sundays. Call 252-8555 for more information.

Experienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

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Paws 'n' Claws Pet Kennel. If you know someone PCSing to Sasebo w/pets, call 252-2905 to make a reservation. Hours of operation: Monday-Friday: 10 a.m. - 5 p.m. Saturday: 10 a.m. - 1 p.m. Sunday: 10 a.m. - Noon

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School). Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34 7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

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Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. We are located in Bldg PW-47 on the first floor, or call us at 252-3890.

Looking for high schooler to help tutor on math & English skills for three children in the third and fourth grade level. Will discuss payment for 1-1.5 hours sessions on Thursday evenings at 4:30. Please contact Mrs. G at 252-8454.

The Pampered Chef celebrates Fathers Day! Get 60 percent off ENTIRE barbeque tool set when you host a June Kitchen/Catalog show. A great Father's Day gift! Receive a 10 percent discount card for one year and free products! Call Pampered Chef consultant Florence Franks anytime at 080-5201-7164 or 252-7302, or reach me by e-mail at <geneflo3@hotmail.com>.



ICE

WHAT: The Interactive Customer Evaluation (ICE) is an internet-based customer comment card system that allows you as a member of the DoD community to rate products and services provided by DoD offices and facilities worldwide. Your comment card ratings are used to improve the products and services available to you.

WHO: Anyone with a suggestion or a comment on the service they received.

HOW: Access the ICE website at www.cfis.navy.mil and click on the ICE icon.

WHY: Your comments and concerns assist in focusing improvements to services delivered to you.

WHEN: Anytime

For more information, please contact CMDR. H.E.Ramard, CFAS Command Chaplain at 252-3388.

If you would like to place an ad in **Soundings**, e-mail us at <soundings@cfas.navy.mil>, or call 252-3485/3409.

WHAT'S HAPPENING?

Free Shirahama Beach Shuttle Bus

The Shirahama Beach Shuttle Bus makes round trips from Main Base to the popular beach every Sunday through August 28, courtesy of your MWR Department. The bus departs Main Base from the Showboat Theater parking lot at 11 a.m., noon, 2 p.m. and 4 p.m. Return trips depart Shirahama Beach at 1 p.m., 3 p.m., 5 p.m. and 6 p.m. Children 12 & under must be accompanied by an adult. For more information, call 252-3433.

Bowling Center Closure

The Spare Time Recreation Center will be closed from August 29 – September 13 for the next phase of renovation. The 24-hour weight room will not be affected by the closure. You will need to enter and exit from the exterior weight room doors.



Kyushu Explorer

A travel show in the spirit of the Discovery Channel


Thursdays at 7:50 p.m. only on AFN Pacific!!!



Have a Great Summer

NEX Flowers

252-3506



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LOCATION	REGISTRATION	PHOTO SHOOT DATES
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TRICARE Pacific



Fleet Gym 252-3588

Hario Gym 252-8691

Down to the wire: Tru Stories edge ACU-1, 46-40

JOSN Jeff Johnstone
CFAS Public Affairs

Talk about a second half adjustment! After being beaten from pillar to post in first half action, ACU -1 came back like Rocky in the second half. Unlike Stallone's famous character, however, ACU -1 fell short, albeit barely.



ACU-1's Lemuel Manlogan (foreground) maneuvers around his Tru Stories' opponent. The Stories would take this one in the end, but not without a battle from ACU-1. (U.S. Navy Photo by JOSN Jeff Johnstone)

ACU -1 jousted with the second place Tru Stories Tuesday, Aug. 9 in what was one part blow out, one part nail biter.

The Stories came out with a swagger, and backed it up in the first half, jumping out to an impressive 10 - 0 lead with only 5:18 elapsed.

ACU - 1 would jump on the scoreboard, but by the 8:40 mark, it was a 17 - 4 deficit, and heading towards a mercy rule ending.

The contest became even grimmer for ACU - 1 just two minutes later, as they fell to a 24 - 4 deficit. To make matters worse, they were on the bubble of going out the foul limit.

The Stories' first half onslaught was nearly flawless, as they ran up the score, blanked their opponents offense and kept the mistakes to a minimum.

ACU - 1 would answer in the closing minutes of the first half, outscoring the Stories 7 - 1. The contest would continue to be fairly even in the final four minutes, with both teams notching some points. Your score at the half saw the Stories up, 32 - 16. Here's where the fun began!

ACU - 1 charged right out of the gate with a fury, both on offense and defense. In fact, the Stories' explosive offense could only notch four points in the first ten minutes of play. The score was cut to 36 - 25.

It only got harder for the Stories, as ACU - 1



ACU-1's point guard, Roland Durbin, passes the ball downcourt as a defender closes in. Durbin chipped in eight points for ACU-1 in an exciting game Tuesday, Aug. 9 at the Fleet Gym. (U.S. Navy Photo by JOSN Jeff Johnstone)

wouldn't go away.

It was panic time for the Stories just three minutes later, when ACU - 1 cut the lead even more, 36 - 31 with seven minutes, plenty of come-back time left in regulation.

ACU - 1 continued chasing the Stories' fledgling lead, and by the 1:12 mark, it was a tie ball game, 40 - 40.

The drama halted when ACU - 1 went over the foul limit, sending the Stories to the free throw line. Four free throw points, and a signature Damian Maynard slam dunk at the buzzer ended this comeback, 46 - 40.

Fitness Tip: Squats are king of leg exercises

Alec Culpepper
MWR Fitness & Aquatics Director

In the family of leg exercises, squats are king. They are also the most functional exercise for daily life. Squats work the largest muscles in your body—the quadriceps (front of thigh), adductors (inside of thigh), gluteals (buttocks), hamstrings (back of thigh), gastrocnemius and soleus complex (calf) and erector

spinae (back). Squats can also help you develop flexibility around your hips and calves, when you follow proper form and gradually increase your range of motion. Squats have the added benefit of being a free-weight and weight-bearing exercise. Squats also have an extra bonus for women. It has the potential to increase the bone density of the spine, hips and legs, which may help prevent osteoporosis.



Sailors enjoy NFL experience...

Tony Dungy, Indianapolis Colts head coach (far left), signs an autograph for IT2 (SW) Shannanan Arney aboard the command ship USS Blue Ridge (LCC 19). The Indianapolis Colts players and cheerleaders met with Sailors to sign autographs aboard Blue Ridge. The Colts were in Japan to play the Atlanta Falcons Saturday, Aug. 6 at the Tokyo Dome. Fifteen Sailors stationed in Sasebo also had the opportunity to attend the game. "It was a once in a lifetime opportunity," said JOSN Darrin Russ, who provided media coverage for American Forces Network (AFN) Sasebo. (U.S. Navy photo by PHAN William J. Davis).

Upcoming Sports Events

- What:** PRT 3K Seabee Challenge
When: Tuesday, Aug. 16 at 6 a.m.
Where: Nimitz Park
- What:** August Splash-n-Dash
When: Sunday, Aug. 21 at 8:30 a.m.
Where: Main Base Pool
- What:** Youth Splash-n-Dash
When: Saturday, Aug. 27 at 8:30 a.m.
Where: Main Base Pool
- What:** Hirado Half - Marathon
When: Sunday, Sept. 18 at 10:30 a.m.
Where: Hirado
FMI: 252-3588

Sasebo Wrestling Club Wrestling Clinic

University of Minnesota wrestling coach Joseph Russell is holding a 6-day freestyle wrestling clinic at the Hario Gym Aug. 16-22. 8 a.m. – 4 p.m. (daily) except for Sun. Aug. 21 for middle school, high school and active duty wrestlers. Clinic cost: \$50. Call 252-2891 or 090-3882-8616.